

2022 - 23 PSHCE LT Plan with additional lessons & solution circles

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Rec</b>	Self-Regulation: My Feelings PANTS	Building Relationships: Special Relationships	Managing Self: Taking on Challenges PANTS	Self-Regulation: Listening & following instructions	Building Relationships: My Family and Friends PANTS	Managing Self: My Wellbeing
<b>Year 1</b>	Internet safety Introduction lesson Family & relationships PANTS	<b>Antibullying Week</b> Family & relationships Health & wellbeing	Internet safety Health & wellbeing Safety & the changing body	Safety & the changing body Citizenship	Internet safety Citizenship Economic wellbeing PANTS <b>Mental Health Week</b>	Economic wellbeing Transition
<b>Year 2</b>	Internet safety Introduction lesson Family & relationships PANTS	<b>Antibullying Week</b> Family & relationships Health & wellbeing	Internet safety Health & wellbeing Safety & the changing body	Safety & the changing body Citizenship	Internet safety Citizenship PANTS <b>Mental Health Week</b>	Economic wellbeing Transition
<b>Year 3</b>	Internet safety Introduction lesson Family & relationships (PC focus - Age, disability, Race, Religion and Belief)	<b>Antibullying Week</b> Family & relationships Health & wellbeing (PC focus - Age, disability, race, Religion and Belief, Marriage and Civil Partnerships)	Internet safety Health & wellbeing Safety & the changing body. (PC focus - Age, disability, race, Religion and Belief, Marriage and Civil Partnerships)	Safety & the changing body Citizenship. (PC focus - Age, disability, race, Religion and Belief, Marriage and Civil Partnerships)	Internet safety Citizenship PANTS <b>Mental Health Week</b> (PC focus - Age, disability, race, Religion and Belief)	Economic wellbeing Transition (Age, disability, race, Religion and Belief)
<b>Year 4</b>	Internet safety Introduction lesson Family & relationships PANTS	<b>Antibullying Week</b> Family & relationships Health & wellbeing	Internet safety Health & wellbeing Safety & the changing body	Safety & the changing body	Internet safety Citizenship PANTS <b>Mental Health Week</b>	Citizenship Economic wellbeing Transition
<b>Year 5</b>	Internet safety Introduction lesson Family & relationships PANTS	<b>Antibullying Week</b> Family & relationships Health & wellbeing	Internet safety Health & wellbeing Safety & the changing body	Safety & the changing body Citizenship	Internet safety Citizenship Economic wellbeing PANTS <b>Mental Health Week</b>	Economic wellbeing Transition - roles & responsibilities
<b>Year 6</b>	Internet safety Introduction lesson Family & relationships PANTS	<b>Antibullying Week</b> Health & wellbeing	Internet safety Health & wellbeing Safety & the changing body	Safety & the changing body Citizenship	Internet safety Citizenship Economic wellbeing PANTS <b>Mental Health Week</b>	Economic wellbeing Identity Transition - dealing with change

PC – Protective Characteristics focus linking to the KAPOW planning statements

National PSHCE focus